

|| shree vishNu sahasranaama stotram ||

atha dhyaanam

shuklaambara dharam vishNum shashi varNam chatur
bhujam |
prasanna vadananam dhyaayet sarva vighnopa shaantaye ||

yasya dviradavakraadyaa: paarishadyaa: para: shatam |
vighnam nighnanti satatam vishvakasenam tamaashraye ||

vyaasam vasishThanaptaaram shakte:
poutramatkalmasham |
paraasharaatmajam vande shukataatam taponidhim ||

vyaasaaya vishNu roopaaya vyasa roopaaya vishNave |
namo vai brahmanidhaye vaasishThaaya namo nama: ||

avikaaraaya shuddhaaya nityaaya paramaatmane |
sadaika roopa roopaaya vishNave sarvajishNave ||

yasya smaraNa maatreNa janma samsaara bandhanaat |
vimuchyate namastasmai vishNave prabhavishNave ||

om namo vishNave prabhavishNave

shree vaishampaayana uvaacha

shrutvaa dharmaan asheshNa paavanaani cha sarvasha: |
yudhishThira: shaantanavam punareva abhyabhaashata: ||

yudhishThira uvaacha

kimekam daivatam loke kim vaapyekam paraayaNam |
stuvanta: kam kam archanta: praapnuyur maanavaa:
shubham ||

ko dharma: sarva dharmaaNam bhavata: paramo mata: |
kim japan muchyate jantur janma samsaara bandhanaat ||

shree bheeshma uvaacha

jagat prabhum deva devam anantam purushottamam |
stuvan naama sahasreNa purusha: satatotthita: ||

tameva chaarchayan nityam bhaktyaa purusham avyayam |
dhyaayan stuvanna namasyamshcha yajamaanas
tameva cha ||

anaadinidhanam vishNum sarvaloka maheshvaram |
lokaadhyaksham stuvannityam sarva du:khaatigobhavet ||

brahmaNyam sarva dharmagyam lokaanaam keerti
vardhanam |
loka naatham mahad bhootam sarva bhoota bhavod
bhavam ||

esha me sarva dharmaaNam dharmo adhikatamo mata: |
yad bhaktyaa punDareekaaksham stavairarche nara sadaa ||

paramam yo maha:teja: paramam yo maha:tapa: |
paramam yo mahad bramha paramam ya: paraayaNam ||

pavitraaNam pavitram yo mangalaanaam cha mangalam |
daivatam devataanaam cha bhootaanaam yo~vyaya: pitaa ||

yata: sarvaaNi bhootaani bhavantyaadi yugaagame |
yasmimshcha pralayam yaanti punareva yugakshaye ||

tasya loka pradhaanasya jagannaathasya bhoopate |
vishNornaama sahasram me shruNu paapabhayaapaham ||

yaani naamaani gouNaani vikhyaataani mahaatmana: |
rushibhi: parigeetaani taani vakshyaami bhootaye ||

rushirnaamnaama sahasrasya vedavyaaso maha muni: |
cChando~nushTupa tathaa devo bhagavaan devakeesuta: ||

amrutaamshoobhavo beejam shaktirdevaki nandana: |
trisaamaa hrudayam tasya shaantyardhe viniyuujyate ||

vishNum jishNum mahaavishNum prabhavishNum
maheshvaram |
anekaroopa daityaantam namaami purushottamam ||

asya shree vishNordivya sahasranaama stotra
mahaamantrasya

shree vedavyaaso bhagavaana rushi:
anushTup cChanda:
shree maha vishNu: paramaatmaa
shreemannaaraayaNo devataa
amrutaamshoobhavo bhaanuriti beejam
devakee nandana: srashTeti shakti:
udbhava: kshobhaNo deva iti paramo mantra:
shankha bhrunnandakee chakreeti keelakam
shaangardhanvaa gadaadhara ityastram
rathaangapaaNi rakshobhya iti netram
trisaamaa saamaga: saameti kavacham
aanandam parabramheti yoni:

ritu: sudarshana: kaala iti digbandha:

shree vishvaroopa iti dhyaanam

shree mahaavishNu preetyarthe sahasranaama jape
vinyoga:

dhyaanam

ksheerodanvat pradeshe shuchimaNi vilasat saikyater
mauktikaanaam
maalaalkluptaasanastha: sphatikamaNi nibhair mauktikair
manDitaanga: |

shubhrair abhrair adabhrair upari virachitair mukta
peeyoosha varshai:
aanandee na: puniyaadari nalina gadaa shankha paaNir
mukunda: ||

bhoo: paadau yasya naabhir viyada sura nilashchandra
sooryou cha netre |
karNaa vaashaa: shiro dyour mukham api dahano yasya
vaasteyamabdhi: |

anta:stham yasya vishwam sura nara khaga gobhogi
gandharva daitye: |
chitram ram ramyate tama tribhuvana vapusham
vishNumeesham namaami ||

om namo bhagavate vaasudevaaya

shaantaakaaram bhujagashayanam padmanaabham
suresham |
vishvaadhaaram gagana sadrusham meghavarNam
shubhaangam ||

lakshmee kaantam kamala nayanam yogi hrudyaana
gamyam |
vande vishNum bhava bhaya haram sarva lokaika
naatham ||

mehga shyaamam peeta kausheya vaasam shree
vatsaankam kaustubhod bhaasitaangam |
puNyopetam punDareekaayataaksham vishNum vande
sarva lokaika naatham ||

nama: samasta bhootaanaam aadi bhootaaya bhoobhrute |
aneka roopa roopaaya vishNave prabha vishNave ||

sa shankha chakram sakireeTa kunDalam sapeeta vastram
saraseeruhekshaNam |
sahaara vakshasthala shobhi kaustubham namaami
vishNum shirasaa chaturbhujam||

cChaayaayaam paarijaatasya hema simhaasanopari
aaseenam ambuda: shyaamam aayataaksham alankrutam

chandraananam chaturbaahum shreevatsaankita
vakshasam
rukmiNee satyabhaamaabhyaam sahitam
krishNamaashraye

om

vishvam vishNur vashaTkaaro bhoota bhavya
bhavatprabhu: |
bhoota krudbhoota bhrudbhaavo bhootaatmaa bhoota
bhaavana:|| 1

pootaatmaa paramaatmaa cha muktaanaam paramaa gati: |
avyaya: purusha: saakshee kshetragnyokshara eva cha || 2

yogo yogavidaam netaa pradhaana purusheshvara: |
naarasimhavapu: shreemaan keshava: purushottama: || 3

sarva: sharva: shiva: sthaaNur bhootaadhir nidhir avyaya: |
sambhavo bhaavano bhartaa prabhava: prabhureeshvara:
|| 4

swayambhoo: shambhur aaditya: pushkaraaksho
mahaasvana: |
anaadi nidhano dhaataa vidhaataa dhaaturuttama: || 5

aprameyo hrusheekesha: padmanaabho amaraprabhu: |
vishvakarmaa manustvashTaa sthavishTha: sthaviro
dhruva: || 6

agraahya: shaashvata: krushNo lohitaaksha: pratardana: |
prabhoota strikakubdhaama pavitram mangalam param || 7

eeshaana: praaNada: praaNo jyeshTha: shreshTha:
prajaapati: |
hiraNya garbho bhoo garbho maadhavo madhusoodana:|| 8

eeshvaro vikramee dhanvee medhaavee vikrama: krama: |
anuttamo duraadharsha: krutagya: krutiraatmavaan || 9

suresha: sharaNam sharma vishvareetaa: prajaabhava: |
aha: samvatsaro vyala: pratyaya: sarvadarshana: || 10

aja: sarveshvara: siddha: siddhi: sarvaadirachyuta: |
vrushaakapirameyatmaa sarvayogavini:sruta: || 11

vasurvasumanaa: satya: samaatmaa~sammita: sama: |
amogha: punDareekaaksho vrushakarmaa vrushaakruti:
|| 12

rudro bahushiraa babhrur vishvayoni: shuchishravaa: |
amruta: shaashvata: sthaaNur varaaroho mahaatapaa: || 13

sarvaga: sarvavidbhaanu: vishvakseno janaardana: |
vedo vedavidavyango vedaango vedavit kavi: || 14

lokaadhyaksha: suraadhyaksho dharmaadhyaksha:
krutaakruta: |
chaturaatmaa haturvyoohash chaturdamshTrash
chaturbhuja: || 15

bhraajishNu rbhojanam bhoktaa sahishNur jagadaadija: |
anagho vijayo jetaa vishvayoni: punarvasu: || 16

upendro vaamana: praamshur amogha: shuchiroorjita: |
ateendra: sangraha: sargo dhrutaatmaa niyamo yama: || 17

vedyo vaidya: sadaa yogee veerahaa maadhavo madhu: |
ateendriyo mahaamaayo mahotsaaho mahaabala: || 18

mahaabuddhir mahaaveeryo maha shaktir mahaadyuti: |
anirdeshyavapu: shreemaan ameyaatmaa mahaadridhruk
|| 19

maheshvaaso maheebhartaa shreenivaasa: sataam gati: |
aniruddha: suraanando govindo govidaam pati: || 20

mareechir damano hamsa: suparNo bhujagottama: |
hiraNyanaabha: sutapaa: padmanaabha: prajaapati: || 21

amrityu: sarvadruk simha: sandhaataa sandhimaan sthira: |
ajo durmarshaNa: shaastaa vishrutaatmaa suraarihaa || 22

gurur gurutamo dhaama satya: satya paraakrama: |
nimisho~nimisha: sragvee vaachaspati rudaaradhee: || 23

agraNeer graamaNee: shreemaan nyaayo netaa
sameeraNa: |
sahasra moordhaa vishvaatmaa sahasraaksha: sahasrapaat
|| 24

aavartano nivruttaatmaa samvruta: sampramardana: |
aha: samvartako vahnir anilo dharaNeedhara: || 25

suprasaada: prasannaatmaa vishva dhrugvishva
bhugvibhu: |
satkartaa satkruta: saadhur jahnur naaraayaNo nara: || 26

asankhyeyo~prameyaatmaa vishishTa shishTa kruchChuchi:
siddhaartha: siddha sankalpa: siddhida: siddhi saadhana:
|| 27

vrushaahee vrushabho vishNur vrushaparvaa vrushodara: |
vardhano vardhamaanashcha vivikta: shruti saagara: || 28

subhujo durdharo vaagmee mahendro vasudho vasu: |
naikaroopo bruhadroopa: shipivishTa: prakaashana: || 29

ojastejo dyutidhara: prakaashaatmaa prataapana: |
ruddha: spashTaaksharo mantrash chandraamshur
bhaaskaradyuti: || 30

amrutaamshhoodbhavo bhaanu: shashabindu: sureshvara: |
oushadham jagata: setu: satyadharma paraakrama: || 31

bhootabhavya bhavannaatha: pavana: paavano~nala: |
kaamahaa kaama krutkaanta: kaama: kaamaprada: prabhu:
|| 32

yugaadi krud yugaavarto naikamaayo mahaashana: |
adrushyo vyakta roopashcha sahasra jidanantajit || 33

ishTo~vishishTa shishTeshTa: shikhaNDee nahusho
vrusha: |
krodhahaa krodhakrut kartaa vishva baahur maheedhara:
|| 34

achyuta: prathita: praaNa: praaNado vaasavaanuja: |
apaam nidhiradhishThaanam apramatta: pratishThita: || 35

skanda: skandadharo dhuryo varado vaayu vaahana: |
vaasudevo bruhadbhaanu: aadideva: purandara: || 36

ashoka: staaraNa: staara: shoora: shourirjaneshvara: |
anukoola: shataavarta: padmee padma nibhekshaNa: || 37

padmanaabho~ravindaaksha: padmagarbha shareerabhrut |
maharddhir ruddho vruddhaatmaa mahaaksho
garuDadhvaja: || 38

atula: sharabho bheema: samayagyo havirhari: |
sarva lakshaNa lakshaNyo lakshmeevaan samitinjaya: || 39

viksharo rohito maargo hetur daamodara saha: |
maheedharo mahaa bhaago vegavaanamitaashana: || 40

udbhava: kshobhaNo deva: shreegarbha: parameshvara: |
karaNam kaaraNam kartaa vikartaa gahano guha: || 41

vyavasaayo vyavasthaana: samsthaana: sthaanado
dhruva: |
pararddhi: parama spashTa stushTa: pushTa:
shubhekshaNa: || 42

raamo viraamo virajo maargo neyo nayo~naya: |
veera: shaktimataam shreshTho dharmo dharma viduttama:
|| 43

vaikunTha: purusha: praaNa: praaNada: praNavaa: pruthu: |
hiraNyagarbha shatrughno vyaapto vaayuradhokshaja: || 44

rutu: sudarshana: kaala: parameshThee parigraha: |
ugra: samvatsaro daksho vishraamo vishvadakshiNa: || 45

vistaara: sthaavarasthaaNu: pramaaNam beejam avyayam |
artho~nartho mahaakoshO mahaabhogo mahaadhana: || 46

anirviNNa: sthavishTo bhoo: dharmayoopo mahaamakha: |
nakshatra nemir nakshatree kshama: kshaama: sameehana:
|| 47

yagnya ijyo mahejyashcha kratu: satram sataam gati: |
sarvadarshee vimuktaatmaa sarvagyo gyaanamuttamam
|| 48

suvrata: sumukha: sookshma: sughosha: sukhada: suhrut |
manoharo jitakrodho veera baahur vidaaraNa: || 49

swaapanaa: svavasho vyaapee naikaatmaa naika karmakrut |
vatsaro vatsalo vatsee ratna garbho dhaneshvara: || 50

dharma gubdharma kruddharmee sada satksharam
aksharam |
avigyaataa sahasraamshur vidhaataa kruta lakshaNa: || 51

gabhaSTinemi: sattvastha: simho bhoota maheshvara:
aadidevo mahaadevo devesho devabhrudguru: || 52

uttaro gopatir goptaa gyaanagamya: puraatana: |
shareera bhoota bhrud bhoktaa kapeendro bhooridakshiNa:
|| 53

somapo~mrutapa: soma: purujit purusattama: |
vinayo jaya: satyasandho daashaarha: saatvataampati: || 54

jeevo vinayitaa saakshee mukundo~mita vikrama: |
ambho nidhiranantaatmaa mahodadhishayo~ntaka: || 55

ajo mahaarha: svaabhaavyo jitaamitra: pramodana: |
aanando nandano nanda: satyadharmaa trivikrama: || 56

maharshi: kapilaachaarya: krutagyo medineepati: |
tripadastridashaadhyaksho mahaashrunga: krutaantakrut
|| 57

maha varaaho govinda: susheNa: kanakaangadee |
guhyo gabheero gahano guptash chakra gadaadhara: || 58

vedhaa: svaango~jita: krushNo druDha samkarshaNochyuta:
|
varuNo vaaruNo vruksha: pushkaraaksho mahaamanaa:
|| 59

bhagavaan bhagahaan~~nandee vanamaalee halaayudha: |
aadityo jyotiraaditya: sahishNur gatisattama: || 60

sudhanvaa khaNDa parashur daaruNo draviNaprada: |
diva:spruk sarva drugvyaaso vaachaspatir ayonija: || 61

trisaamaa saamaga: saama: nirvaaNam bheshajam
bhishak |

sanyaasakrucChama: shaanto nishThaa shaanti:
paraayaNam || 62

shubhaanga: shaantida: srshTaa kumuda: kuvaleshaya: |
gohito gopatirgoptaa vrushabhaaksho vrushapriya: || 63

anivartee niruttaatmaa samksheptaa kshemakrucChiva: |
shreevatsavakshaa: shreevaasa: shreepati: shreemataam
vara: || 64

shreeda: shreesha: shreenivaasa: shreenidhi:
shreevibhaavana: |
shreedhara: shreekara: shreya: shreemaan loka
trayaashraya: || 65

svaksha: svanga: shataanando nandir jyotir gaNeshvara: |
vijitaatmaa vidheyaatmaa satkeertish cChinna samshaya:
|| 66

udeerNa sarvatash chakshu: aneesa: shaashvata sthira: |
bhooshayo bhooshaNo bhootir vishoka: shoka naashana:
|| 67

archishaan archita: kumbho vishuddhaatmaa vishodhana: |
aniruddho~pratiratha: pradyumno amita vikrama: || 68

kaalaneminihaa veera: shouri: shoora janeshvara: |
trilokaatmaa trilokesha: keshava: keshihaa hari: || 69

kaamadeva: kaamapaala: kaamee kaanta: krutaagama: |
anirdeshyavapu: vishNu: veero~nanto dhananjaya: || 70

brahmaNyo brahmakrud brahmaa brahma brahma
vivardhana: |
brahmavid braahmaNo brahmee brahmagnyo braahmaNa
priya: || 71

mahaा kramo mahaа karmaa mahaа tejaa mahoraga: |
mahaа kratur mahaа yajvaa mahaа yagyo mahaahavi: || 72

stavya: stavapriya: stotram stuti: stotaa raNapriya: |
poorNa: poorayitaa puNya: puNya keertiranaamaya: || 73

manojavasteerthakaro vasureetaa vasuprada: |
vasuprado vaasudevo vasurvasumanaa havi: || 74

sadgati: satkruti: sattaa sadbhooti satparaayaNa: |
shooraseno yadushreshTha: sannivaasa: suyaamuna: || 75

bhootavaasaо vaasudeva: sarvaasunilayo~nala: |
darpaхаа: darpado drupto durdharo~thaaparaajita: || 76

vishvamoortir mahaamoorti: deepta moortir amoortimaan |
aneka moortir avyakta: shatamoorti: shataanana: || 77

eko naika: sava: ka: kim yattat padamanuttamam |
loka bandhur loka naatho maadhavo bhakta vatsala: || 78

suvarNa varNo hemaango varaangash chandanaangadee |
veerahaa vishama: shoonyo ghritaasheerachalashchala:
|| 79

amaanee maanado maanyo loka swaamee trilokadhruk |
sumedhaа medhajo dhanya satyamedhaа dharaadhara:
|| 80

tejovrusho dyutidhara: sarva shastrabhrutaam vara: |
pragraho nigraho vyagro naikashrungo gadaagraja: || 81

chatur moortish chatu rbaahush chatu rvyoohash
chaturgati: |
chaturaatmaa chatur bhaavash chatur veda videkapaat || 82

samaavarto nivruttaatmaa durjayo duratikrama: |
durlabho durgamo durgo duraavaaso duraarihaa || 83

shubhaango loka saaranga: sutantu stantuvardhana: |
indra karmaa maha karmaa kruta karmaa krutaagama: || 84

udbhava: sundara: sundo ratnanaabha: sulochana: |
arko vaajasana: shrungee jayanta: sarvavijayee || 85

suvarNa bindu rakshobhya: sarva vaageesh vareshvara: |
mahaahrado mahaagarto mahaabhootho mahaanidhi: || 86

kumuda: kundara: kunda: parjanya: paavano~nila: |
amrutaamsho~mrutavapu: sarvagya: sarvatomukha: || 87

sulabha: suvrata: siddha: shatru jicChatru taapanaa: |
nyagrodho~dumbaro~shvattha: chaaNooraandhra
nishoodana: || 88

sahasraarchi saptajihva: saptaidhaa: saptavaahana: |
amoortir anagho chintyo bhaya krud bhaya naashana: || 89

aNurbruhatkrusha: sthoolo guNa bhruNNir guNomahaan |
adhruta: svadhruta: svaasya: praagvamsho
vamshavardhana: || 90

bhaarabhrut kathito yogee yogeeshaa: sarva kaamada: |
aashrama: shramaNa: kshaama: suparNo vaayuvaahana:
|| 91

dhanurdharo dhanurvedo daNDo damayitaa dama: |
aparaajita: sarvasaho niyantaa~niyamo~yama: || 92

satvavaan saatvika: satya: satyadharma paraayaNa: |
abhipraaya: priyaarhorha: priyakrut preeti vardhana: || 93

vihaayasagatirjyoti: suruchir huta bhugvibhu: |
ravir virochana: soorya: savitaa ravi lochana: || 94

ananto huta bhug bhoktaa sukhado naikajo~graJa: |
anirviNNa: sadaamarshee lokaadhishThaanam adbhuta:
|| 95

sanaat sanaatanatama: kapila: kapir avyaya: |
svastida: svasti krut svasti svasti bhuk svasti dakshiNa: || 96

aroudra: kuNDalee chakree vikramyoorjita shaasana: |
shabdaatiga: shabdasaHa: shishira sharvaree kara: || 97

akroora: peshalo daksho dakshiNa: kshamiNaam vara: |
vidvattamo veetabhaya: puNya shravaNa keertana: || 98

uttaaraNo dushkrutihaa puNyo du:svapna naashana: |
veerahaa rakshaNa: santo jeevana: paryavasthita: || 99

ananta roopo~nanta shreer jita manyur bhayaapaha: |
chaturashro gabheeraatmaa vidisho vyaadisho disha: || 100

anaadir bhoorbhuvo lakshmee: suveero ruchiraangadah |
janano janajanmaadir bheemo bheema paraakrama: || 101

aadhaara nilayo~dhaataa pushpahaasa: prajaagara: |
oordhvaga: satpathaachaara: praaNada: praNava: paNa:
|| 102

pramaaNam praaNa nilaya: praaNa bhrut praaNa jeevana: |
tattvam tattva videk aatmaa janma mrutyu jaraatiga: || 103

bhoorbhuva: svastarustaara: savitaa prapitaamaha: |
yagyo yagyapatir yajvaa yagnaango yagya vaahana: || 104

yagyabhrud yagyakrud yagyee yagyabhug yagyaadhana: |
yagyaanta krud yagya guhya manna mannaada eva cha
|| 105

aatmayoni: svayam jaato vaikhaana saama gaayana: |
devakee nandana: srashTaa kshiteesha: papa naashana:
|| 106

shankha bhrunnandakee chakree shaangardhanvaa
gadaadhara: |
rathaanga paaNi rakshobhya: sarva praharaNaayudha:
|| 107

sarva praharaNaayudha om nama: iti

vanamaalee gadee shaangee shannkhee chakree cha
nandakee |
shreemaan naaraayaNo vishNur vaasudevo abhirakshatu
|| 108

shree vaasudevo abhirakshatu om namo iti

iteedam keertaneeyasya keshavasya mahaatmana: |
naamnaam sahasram divyaanaam asheshNa prakeertitam
| 1

ya idam shruNuyaan nityam yashchaapi parikeertayet |
naashubham praapnuyaat kinchitso~mutreha cha maanava:
|| 2

vedaantago braahmaNa:syaat kshatriyo vijayee bhavet |
vaishyo dhanasamruddha:syaa cChoodra: sukham
avaapnuyaat || 3

dharmaathee praapnuyaad dharmam arthaarthee
chaarthamaapnuyaat |
kaamaana vaapnuyaat kaamee prajaarthee chaapnuyaat
prajaam || 4

bhaktimaan ya: sadotthaaya shuchi stadgata maanasa: |
sahasram vaasudevasya naamnaam etat prakeertayet || 5

yasha: praapnoti vipulam gnyaati praadhaanyam evacha |
achalaam shriyam aapnoti shreya: praapnotyan uttamam || 6

na bhayam kvachidaapnoti veeryam tejashcha vindati |
bhavatyarogo dyutimaan bala roopa guNaanvita: || 7

rogaarto muchyate rogaat baddho muchyeta bandhanaat |
bhayaan muchyeta bheetastu muchyetaapanna aapada: || 8

durgaaNya titaratyaashu purusha: purushottamam |
stuvan naama sahasreNa nityam bhakti samanvita: || 9

vaasudevaashrayo martyo vaasudeva paraayaNa: |
sarva paapa vishuddhaatmaa yaati brahma sanaatanam
|| 10

na vaasudeva bhaktaanaam ashubham vidyate kvachit |
janma mrutyu jaraa vyadhi bhayam naivopajaayate || 11

imam stavamadheeyaana: shraddhaa bhakti samanvita: |
yujyetaatma sukhakshaanti: shreedhruti smruti keertibhi:
|| 12

na krodho na cha maatsaryam na lobho naashubhaamati: |
bhavanti kruta puNyaanaam bhaktaanaam purushottame
|| 13

dyou: sa chandraarka nakshatraa kham disho bhoor
mahodadhi: |
vaasudevasya veeryeNa vidhrutaani mahaatmana: || 14

sa suraasura gandharvam sa yakshoragaraakshasam
jagadvashe vartatedam krushNasya sacharaacharam || 15

indriyaaNi mano buddhi: sattvam tejo balam dhruti: |
vaasudevaatmakaanyaahu: kshetram kshetragnya eva cha
|| 16

sarvaagamaanaamaachaara: prathamam parikalpate |
aachaara prabhavo dharmo dharmasya prabhur achyuta:
|| 17

rushaya: pitaro devaa maha bhootaani dhaatava: |
jangamaa-jangamam chedam jagan naaraayaNodbhavam
|| 18

yogo gyaanam tathaa saankhyam vidyaa: shilpaadi karma
cha |
vedaa: shastraNi vigyaanam etat sarvam janaardanaat
|| 19

eko vishNur mahadbhootam pruthag bhootaanyanekasha: |
treenllokaan vyapya bhootaatmaa bhunkte vishva
bhuvavyaya: || 20

imam stavam bhagavato vishNor vyasena keertimam |
paTheDYa icChet purusha: shreya: praaptum sukhaani cha
|| 21

vishveshvaram ajam devam jagata: prabhumi vyayam |
bhajanti ye pushkaraaksham na te yaanti paraabhavam || 22

na te yaanti paraabhavam om nama iti |

arjuna uvaacha

padmapatra vishaalaaksha padmanaabha surottama |
bhaktaanaam anuraktaanaam traataa bhava janaardana
|| 23

shree bhagavaana uvaacha

yo maam naama sahasreNa stotum ichChati paaNDava |
soha~mekena shlokena stuta eva na samshaya: || 24

stuta eva na samshaya oum nama iti

vyaasa uvaacha

vaasanaad vaasudevasya vaasitam bhuvanatrayam |
sarva bhoota nivaaso~si vaasudeva namo~stute || 25

vaasudeva namostuta om nama iti

paarvaty uvaacha

kenopaayena laghunaa vishNor naama sahasrakam |
paThyate paNDitair nityam shrotum ichChaamyaham prabho
|| 26

eeshvara uvaacha

shree raama raama raameti rame raame manorame
sahasra naama tattulyam raama naama varaanane || 27

raama naama varaanana oum nama iti

brahma uvaacha

namo~stvanantaaya sahasramoortaye
sahasrapaadaa kshishirorubaahuve |
sahasranaamne purushaaya shaashvate
sahasrakoTee yugadhaariNe nama: || 28

sahasrakoTee yugadhaariNe nama: om nama iti

sanjaya uvaacha

yatra yogeshvara: krushNo yatra paartho dhanurdhara: |
tatra shreervijayo bhootirdhruvaa neetirmatirmama || 29

shree bhagavaana uvaacha

ananyaashchintayanto maam ye janaa: paryupaasate |
teshaam nityaabhiyuktaanaam yogakshemam
vahaamyaham || 30

paritraaNaaSaadhoonaam vinaashaaya cha dushkrutaam
|
dharma samsthaapanaarthaaya sambhavaami yuge yuge
|| 31

aartaa: vishaNNaa: shithilaashchabheetaa:
ghoreshu cha vyadhishu vartamaanaa: |
sankeertya naaraayaNa shabda maatram
vimukta du:khaa: sukhino bhavantu || 32

kaayena vaachaa manasendriyairvaa
buddhyaatmanaavaa prakrute svabhaavaat |
karomi yadyata sakalam parasmai
naaraayaNaayeti samarpayaami ||

~~~~~

*yadakshara padabhrashTam maatraa heenam cha  
yadbhavEt  
tat sarvam kshamyataam devaa naaraayaNa namostu te*

*iti shree mahaabhaarate shata sahasrikaayaam  
samhitaayaam vaiyaasikyaam anushaasanika parvaNi  
mokshadharame bheeshma yudhishThira samvaade shree  
vishNu sahasranaama stotram sampoорNam ||*